



You Can Reduce Your Exposure to Contaminants

Nearly all fish contain traces of chemical contaminants. For most older adults the amount of contaminants, particularly mercury and polychlorinated biphenyls (PCBs), consumed by eating two servings of fish a week isn't a health concern. But to be on the safe side, refer to the "Safe Eating Guidelines for Older Adults" in this brochure and follow the directions for preparing and cooking fish described below.



PCB exposure can be reduced by trimming off fat and skin. Mercury, however, is distributed throughout the fish and cannot be removed by these techniques. To limit your exposure to mercury, choose fish species with low mercury levels.

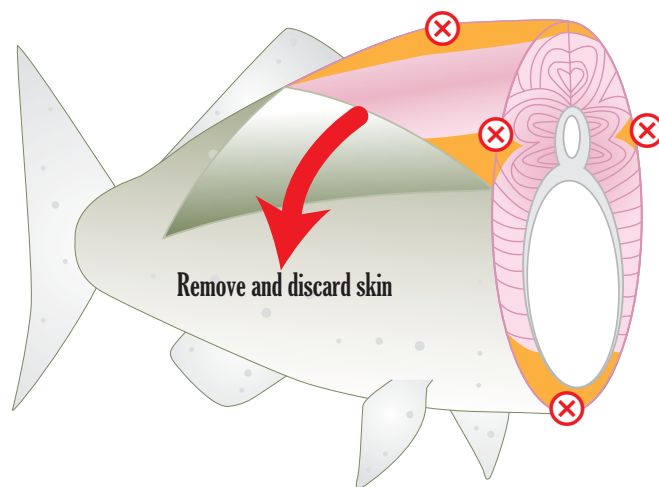


Preparation and Cooking Guidelines

✧ Trimming and Skinning

- Remove guts.
- Remove the belly fat, all fat along the back and the fatty dark meat along the entire length of the fillet.
- Remove all skin.

✗ Cut away fat (orange areas) from the entire back, sides, and belly. ✗



✧ Seasoning and Baking

- Season fillets and steaks with salt and pepper. Add a little olive or canola oil and sprinkle on parsley flakes and lemon.
- Bake, broil, steam, or grill on an elevated rack to allow fat and juices to drip away.
- After cooking, discard all liquids and frying oils. Do not reuse.



For A Heart Healthy Diet, Remember:

SIZE • SPECIES • SOURCE

- ✓ **SIZE.** Choose *smaller*, younger fish. Larger, older fish are more likely to contain higher levels of contaminants.
- ✓ **SPECIES.** Eat a *variety*. Fish that eat other fish tend to build up more contaminants.
- ✓ **SOURCE.** Know *where* your fish comes from. Fish from some lakes and rivers have less contaminants than others.

For More Information

Pregnant or nursing women, women of childbearing age and children less than 15 years old require more protective advice and should refer to the brochure, "A Family Guide to Eating Fish." For a copy, see <http://dhs.wi.gov/eh/Fish>.

Sport-caught fish consumption advice specific to Wisconsin waters can be found at <http://dnr.wi.gov>

For health information on PCBs and mercury, see <http://epa.gov/waterscience/fish>

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A Guide to Eating Fish for Older Adults



Safe Eating Guidelines for fish caught from Wisconsin inland lakes, ponds, and rivers and for fish purchased in restaurants and stores



☞ Fishing and fish dinners have always been a great tradition in Wisconsin, but whether you catch your fish or buy it at the market, eating one to two servings of fish per week has significant nutritional benefits ☞



Nutritional Benefits of Eating Fish

Fish is an excellent source of omega-3 fatty acids which are essential for a healthy heart. Fish is also an excellent source of protein, calcium and minerals, and is low in fat and cholesterol.

OMEGA-3 Fatty Acids: The Essential Fats

Omega-3 fatty acids are good fats that your heart and brain need to function properly. These fatty acids have many potential benefits including:

- ✓ reducing the risk of heart disease;
- ✓ lowering blood pressure;
- ✓ lowering serum cholesterol;
- ✓ reducing the risk of Alzheimer’s disease;
- ✓ reducing the incidence of depression.

All fish are a good source of Omega-3s. However, fatty fish contain the most and therefore have the most benefit. The following table provides information for some species of fish. For a more complete listing see <http://circ.ahajournals.org/cgi/content/full/106/21/2747/TBL3>

Fish Species*	Omega-3 Fatty Acid Grams/6 oz serving
Herring	3.42 – 3.62
Sardines	1.96 – 3.4
Atlantic Salmon (wild)	1.8 – 3.12
Pacific Salmon (wild)	1.36 – 2.96
Inland Trout	1.68
Shrimp	0.54
Canned “light” Tuna	0.52
Yellow Perch	0.51

** For those who do not like eating fish or are concerned about declining fish stocks, the benefits of Omega 3’s can also be obtained from eating flaxseed, walnuts, fortified eggs and fish oil supplements.*

SAFE EATING GUIDELINES FOR OLDER ADULTS ☞

☞ What Kinds and How Much Fish Should I Eat?*

**One serving is assumed to be 6 ounces of cooked fish (8 oz. uncooked) for a 150 pound adult. Adjust serving sizes to body weight.*

